

# Gall Bladder Functions

- Maciocia, The Fundamentals of Chinese Medicine, pp 199-203
- Kaptchuk, Web That Has No Weaver, p 95
- Matsumoto and Euler, Clinical Strategies vol.1 pp 423-424

# Main Functions

- It stores and secretes bile
- It controls decisiveness
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- It controls sinews

# Stores and Excretes Bile

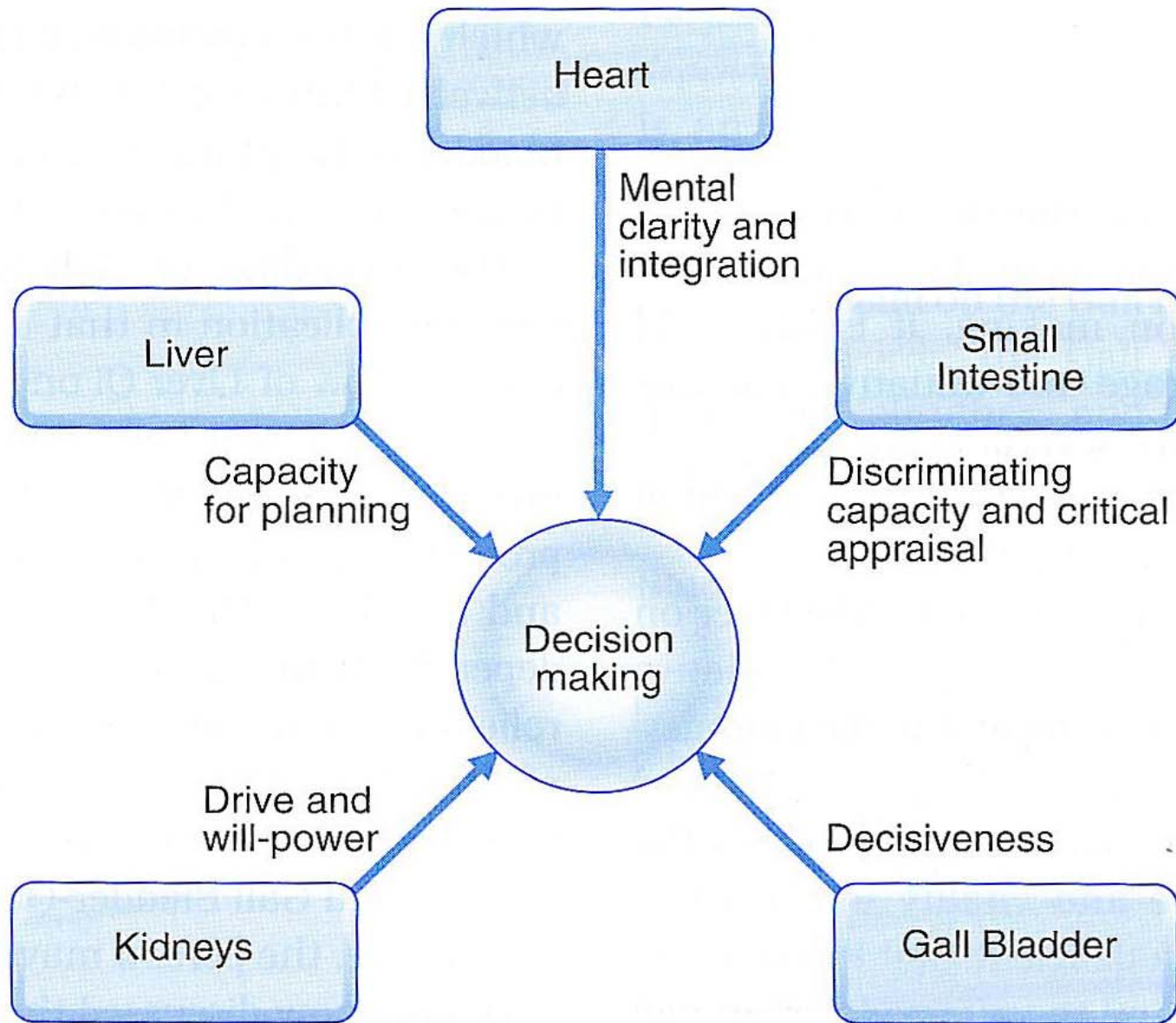
- Receives bile from liver and stores it to secrete during digestion-This function literally identical to Western medicine
- Only Yang organ that stores 'clean' fluid i.e. , does not deal directly with food, drink or waste as St,SI,Lu,UB
- Chapter 2- Spiritual Axis calls bile the 'Central Essence' or **Zhong Ching**

# Stores and Excretes Bile

- Minister fire reaches gall bladder and warms it, which GB sends to digestive organs to aid digestion
- The flow of bile depends on free flow of Liver Qi
- Gall Bladder Qi aids the ascending Qi of Liver
- Smooth flow of bile helps Stomach to digest and Spleen to transform

# Controls Decisiveness

- Gall Bladder controls the capacity to make decisions
- Which helps all other 11 internal organs



**Figure 16.5** Processes involved in decision making

# Controls the Sinews

- Gall Bladder provide Qi to the sinews(tendons) to ensure their proper movement and agility
- The Gathering(Hui) Point of the sinews is on the the Gall Bladder channel  
G.B.-34- Yanglingquan

# Other Aspects

Mental—

- Gives individual courage and initiative  
Chinese expressions “big gall bladder”  
meaning courageous, “little gall bladder”  
meaning timid, fearful
- Gives capacity to turn Kidney drive and  
vitality into positive and decisive action



## Other aspects- **Mental**, Cont.

- Deficient Gall Bladder causes indecision, timidity and affected person will be easily discouraged at the slightest adversity
- Gall Bladder provides courage for Mind(shen), governed by heart to carry out decisions
- Without control and integration of mind decisiveness of GB can turn into recklessness

## Other aspects - Dreams

- Influences quality and length of sleep
- If deficient, person will wake up early in am and be unable to fall back asleep
- If deficient, (according to Spiritual Axis), one dreams of fights, trials, and suicide

# Utility in relation to our style of Japanese acupuncture

- Regulation of autonomic nervous system
- Treatment of inflammatory conditions
- Structural imbalances of lateral aspects of body

# Regulation of Autonomic Nervous System

- In combination with Triple Warmer i.e, Shao Yang treatments—to reduce pressure pain, tension at SCM muscle also motor nerve functions, i.e in paralysis, senility – frequently treatment on opposite of side affected or symptomatic side

# Treatment of inflammatory Conditions

- Tendonitis, P.I.D., cholecystitis  
e.g., GB 34 for contralateral wrist  
tendonitis  
cholecystitis—metal /water  
treatments of GB and TW

# Structural imbalances (lateral)

# Structural Imbalances-cont.

- Examples
  - Dai Mai , hip and piriformis muscle problems-treated with points on GB channel
- In addition:

Closely related to Kidney—i.e. support for reproductive problems, inner ear disturbances which are both related to kidney disorders

# Triple Warmer Functions

- Maciocia, Foundations of Chinese Medicine, pp.-209-222
- Kaptchuk, web That Has No Weaver, pp.-96-97
- Matsumoto/Euler, Clinical Strategies Vol.1 pp.-387-388



# Triple Burner/Heater/Warmer

- Elusive/controversial topic
- Mostly agreed that it has a name but no shape
- Best thought of as functional relationship between various Organs that regulates water
- Part of pathway that integrates the functions of the Organs into a coherent and complete system

# Triple Burner/Heater/Warmer

- Upper Burner is a mist---corresponding to vaporized water in the lungs which is transported throughout body
- Located from diaphragm upwards
- Location of Gathering Qi(Zong Qi)

# Triple Burner/Heater/Warmer

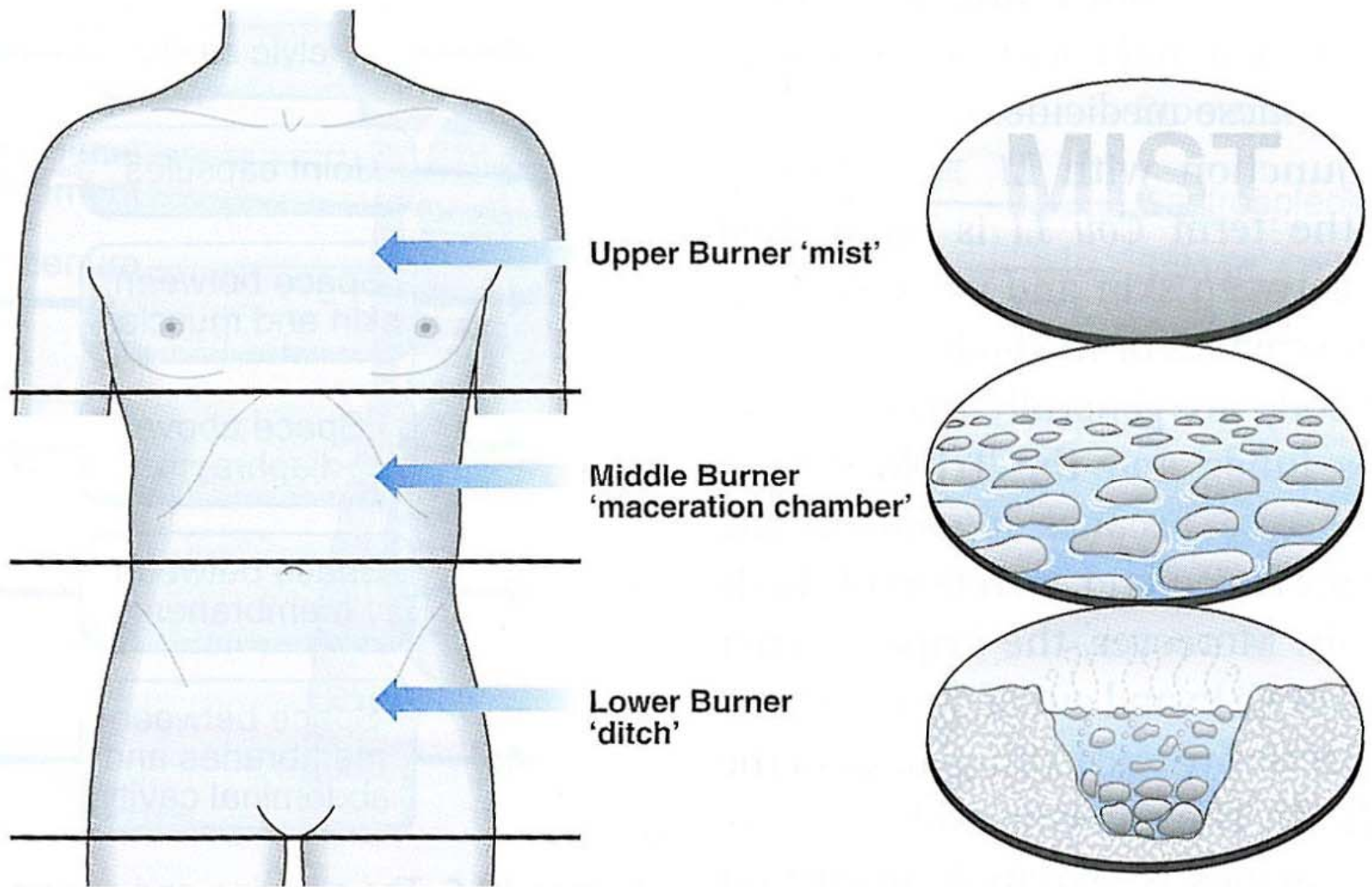
- Middle Burner is a foam---interpreted as referring to digestive churning of Stomach and Spleen
- Located between diaphragm and umbilicus
- Location of Nutritive Qi-(Ying Qi)

# Triple Burner/Heater/Warmer

- Lower Burner is a swamp or ditch—in charge of discharging impure substances(KI,UB,SI,LI)
- Located below umbilicus
- Location of Original Qi-(Yuan Qi)

# Triple Warmer Functions

- Mobilizes original qi (yuan qi)
- Controls transportation and penetration of qi
- Controls Water passages and the excretion of fluids



**Figure 18.5** The three divisions of the body

# Mobilizes Original Qi

- Middle burner ensures Original Qi reaches and assists spleen in transformation and transportation of food essences
- Lower burner makes sure Original Qi warms kidneys to transform fluids
- Upper burner-through various passages in chest assists in Original Qi transforming Zong Qi (Gathering Qi) into Zhen Qi (True Qi)

# Mobilizes Original Qi-cont.

- Upper burner also assists in transformation of Gu Qi (Food Qi) into the blood of the heart



# Controls transportation and Penetration of Qi

- Controls ascending-descending of Qi and the entering and exiting of Qi- in all organs and parts of body
- Controls movement and penetration of Qi in general—all Qi—Gathering Qi (upper burner), Nutritive Qi (Middle Burner), and Defensive Qi (Lower Burner)

# Controls Water Passages and Excretion of Fluids

- Triple Burner –official in charge of irrigation
- Controls transportation and excretion of fluid from body
- Transformation of fluids leads to sweat in upper burner, Stomach fluids in Middle burner, and urine in Lower Burner

# View of Triple Warmer as Body Cavities

- Seen as system of body cavities, i.e. , chest, abdominal, pelvic, joint capsules, space between skin and muscles, space above diaphragm, and between membranes
- Controls movement of Qi in and out of these cavities (like Lymph system)

# Mental Aspects

- Fire nature (with its relationship to pericardium), assists the Mind (Shen) in maintaining relationships
- Wood Nature (with its relationship to Gall Bladder) assists Liver in ensuring the smooth flow of emotions
- Emptiness of Lower Burner, one can dream of flying
- Fullness of Lower Burner, one can dream of falling

# Utility in relation to our style of Japanese acupuncture

- Internal pathway relates to many functions and reflection zones treated by points on this meridian
- According to Nagano, one of major pathways connected to central nervous system
- Also functions of cerebellum, motor nerve and pyramidal tract

# Clinical Relations-Cont.

- Important for immune function, lymphatic system
- GI complaints related to autonomic nervous system
- Any anxiety related problems (with Gall Bladder channel)
- Shao yang treatments (with Gall Bladder)

# Clinical relations—cont.

- Ear problems (part of meridian surrounds ear)
- Sphenoid bone balance (with Kidneys)
- Also lateral hip, erector spinae, hamstring and posterior-lateral shoulder pain